

## Health Hints and Rules of Hygiene

Suggestions That May Save You Many a Doctor's Bill.

### WISDOM FOR THE HOUSEHOLD

These Hints Don't Cost Much, Are Not Copyrighted, and If They Don't Do You Any Good, They'll Not Do You Any Harm.

One of the pleasing and valuable features of the recent convention in this city of the Young Women's Christian association of Pennsylvania was a paper read by Dr. C. E. Ehringer, director of physical education in the State Normal school at West Chester, upon "The Physical Well-being of Woman." We select from this excellent paper some of the more than transient interest. After noting that in primitive times the law of exercise was enforced by the very conditions of uncivilized society, Dr. Ehringer points out that the whole tendency of modern civilization is toward specialization, and while it is to this great force of concentrated and specialized effort that we owe the material advancement of our day, there is yet a blighting and withering effect which we are just beginning to appreciate. The first effects of an era of specialization must ever prove disastrous in some directions. The whole subject has been tersely put in these words: "There are three great marks or necessities for all true development--aggregation, or the massing of things; differentiation, or the varying of things; and integration, or the re-uniting of things." The result of aggregating individuals, families and communities, may be seen in our great cities and their development in architecture, art and industry. The effect of differentiation is evident in the great discoveries and inventions. But the consequences of integration, or the re-uniting of things into higher wholes, is scarcely yet apparent, and this, broadly speaking, is the problem of the future.

"A word now concerning the physical effects of city life. Man in his natural state lives in the country, or in the hunter, a tender of herds, or an agriculturist. The tendency to aggregate in cities is most natural and easily explained. A higher intellectual culture obtains there; amusements are more numerous and diversified, and commerce more active. The city has been styled the nerve-center of our civilization. It is also the storm center. True indeed, it is that the roots of civilization are the nerves; and other things being equal, the finest nervous organization will produce the highest civilization. But we must not forget that there is a limit to this cultivation. The refinement of the nervous system, that unless there is a coincident care and development of the nutritive and muscular systems, disaster must inevitably result. Unfortunately, the specialization of labor required by city life, the sedentary occupations it imposes; the lack of pure air, invigorating surroundings; the lack of proper rest and adequate means of natural forms of recreation, are well nigh fatal to this need. Unless special efforts are instituted to counteract these baneful tendencies; unless the city dweller can be brought to realize these facts and induced to correct them by concerted and intelligent action, the result of his physical degeneration, his physical decadence is a foregone conclusion; disease will not become less, but fastly more frequent than it now is.

"The progress of civilization unquestionably involves an increasing strain on the nervous system. Among savages and uncivilized races insanity and some other forms of nervous disease now so common are almost unknown. A writer in the November number of the *Annals of Hygiene* says: 'It is a venture to assert that the true cause of insanity is the product of civilization, that if it were not for the combatting influences of social laws, assisted not a little by scientific medical aid, all North America could not contain the vast and enormous army that would constitute the civilized world's army of lunatics.' Dr. Beard, the well known authority on nervous diseases, says: 'There is a large family of functional nervous disorders that are increasingly frequent among the indoor classes of civilized countries, that are especially frequent in the northern and eastern parts of the United States. The sufferers from these maladies are counted in this country by hundreds of thousands; in all the northern and eastern states they are found in nearly every brain-working household. \* \* \* They are all diseases of civilization, and of modern civilization, and mainly of the nineteenth century and of the United States. Neurasthenia, or nervous exhaustion, is comparatively a modern disease. Its symptoms are becoming more frequent now than in the last century, and it is an American disease in this, that it is very much more common here than in any other part of the civilized world.' Dr. S. Wier Mitchell, one of the greatest authorities in this country on nervous diseases, says: 'The flower of American womanhood is withered by over-culture before it comes fully into bloom. The long hours, the multiplicity of studies, the number of teachers--each striving to get the utmost out of their pupils--the craving rivalry to be well graded, the all-devouring ambition to command a means of living, the hurried or neglected meals, the want of exercise and the fatal irregularity that it entails, the gnawing worry that murders sleep--it is these, and these alone, that condemn tens of thousands of American women to a life of misery and uselessness before they have ceased to be children.' These references will serve to explain in a measure why man does not enjoy the same uniform good health and contentment that other vertebrate animals do. It is because man has sadly perverted his natural instincts, and has failed for such a long period to conform to the laws of his organization. Dr. A. H. S. Skene aptly says: 'All this inconceivable variety which is displayed in the human family comes from perverted human action. There is nothing apparent in the body below the head which necessarily should give rise to so much more unnatural action in men than in animals.'"

"And now to the 'physical well-being of woman.' In 'Lovel's' beautiful words, 'earth's noblest thing is a woman perfected; but the very power which places woman above all other things endowed with life brings with it capabilities for sorrow and suffering which are unknown to the lower orders. No exercise of intelligence can enable woman to violate the laws of life without suffering the consequences. Much of the physical frailty and disease found in the women of this country is due to improper habits and methods of living during the period of development, and to a mistaken idea of what culture means. The object of culture is to bring a being into harmony with its

surroundings. In the present state of society in this country too much time is devoted by one class to mental culture, and by another to a necessary struggle for existence. Nearly all our institutions of learning are devoted to intellectual and moral culture, while there is no organized means of physical culture. In our cities almost nothing is done to supply the great demands of the system for physical exercise. Just here, where the efforts in this direction should be the greatest, this all-important subject is practically ignored. Medical authorities throughout the land have ever and anon been giving their warning cry, but thus far it has been but little heeded. Dr. Skene sums the matter up in these words: 'According to my observation of the subject as it stands at the present time, the chief cause of imperfect development in women is imperfect general physical culture. Mental and moral education have their influence upon sex, but they cannot take the place of bodily health.'

"The period of childhood is cut too short. Children are not allowed enough time to grow, to perfect their mental and physical evolution. Children in this country are to a large extent, to be told the men and women while they are still children in years. Among girls the emotional natures are too much cultivated, and they are encouraged too early to enter society. Up to ten or twelve years of age boys and girls should lead much the same life, the girls engaging in almost the same games and pastimes as the boys. The tendency to mature thought and occupations should be restrained and discouraged. The spirit of play and outdoor exercise should be fostered in every way possible. The disastrous consequences which come upon a people as a result of the over-nervousness of the nervous system, the health of women in a far greater degree than that of man. In her the consequences are more quickly seen and greatly intensified. The remark is often made, and not without reason, that American women are the weakest in the world; and if this be not strictly true, it certainly is freely conceded that nervous diseases do prevail among American women to a greater extent than in the women of any other civilized country. The decline from strength to weakness has been gradual and hence not always so noticeable. But in comparing one generation of girls and women with another this fact is plainly seen. Indeed, there is a prevailing notion that weakness is a legitimate condition; that ill health is quite a natural state of the sex, that semi-invalidism is an indication of refinement, and that strength is rather a condition of coarseness. But within the past few years there has been a somewhat healthier reaction from these false notions. The feeling is growing, and it should, that health is not merely a matter of personal comfort, but is indispensable to the prosperity of a people, and is a fact of tremendous significance as bearing on the moral questions of the day.

"The saying that ill disease is a sin is not a mere empty phrase, but rests upon demonstrable facts. In the words of Dr. Felix Oswald, 'every disease is a protest of nature against the active or passive violation of her laws. But that protest rarely follows upon a first transgression, never upon trifles; and, if it does, it is a warning of an incurable injury excepted--generally imply that the sufferer's mode of life is habitually unnatural in more than one respect.' But what are the causes, and where is the remedy? How are we to improve the physical well-being of woman? This is the momentous question. The deteriorating effects of city life have been touched upon, and the excessive nervous development and mental strain incident to it pointed out. Improper food is doubtless a great factor, but lack of exercise and improprieties of dress are two of the greatest evils. The latter I have neither the time nor the disposition to consider at present at any length. Women, herself, has grappled with this question in earnest, and the needed reform is slowly but surely progressing. In the short time remaining for me I would like to briefly point out what can be done to remedy the physical deterioration of woman by physical training. The artificial conditions and diseases of modern life can only be remedied by resorting to artificial means of obtaining exercise, and this must be done by organized and systematic effort. Leaders of thought and great movements of the day must lend their aid. Suitable means and proper places for securing physical exercise are demanded. But even these are of small value unless suitably qualified persons are provided to instruct in their use, explain their action, necessity and limitation. The Young Men's Christian associations throughout our land have already done noble work in providing suitable equipped gymnasia for the young men, and a good beginning has been made in the Young Women's Christian associations. I have no hesitation in saying that the need of them here and the good which they may accomplish is far greater than in the Young Men's Christian associations. The boys and young men, both from preference and necessity, secure more or less physical development, whether special provision is made or not. Not so with the girls and young women. Mistaken ideas of propriety, conventionalities in dress, ignorance, want of opportunity and incentive, alike operate to prevent their securing the one thing most needful to their physical well-being. Every Young Women's Christian association in this broad land should make all the provision in its power to secure to its members some form of physical training. The urgent necessity of this cannot be too strongly set forth. Even though gymnasia were a thousands times more numerous than they are at present, if every school in the land made some special provision for physical development, there would still exist urgent reasons why the Young Women's Christian association should specially engage in this work, as it has a field peculiarly its own, reaching a large class who sadly need such training and who

would not otherwise obtain it. Where lack of means precludes the establishment of an equipped gymnasium, some provision should be made; a physical department should be organized and the work in some form entered upon. In smaller places, where an abundance of room is at hand, outdoor work could be encouraged and undertaken without any special instructor. Health talks could be inaugurated by securing the aid of the local physicians, and at a small cost health journals and suitable books could be provided for the reading room. Every town of 4,000 or 5,000 inhabitants should have a Young Women's Christian association and an equipped gymnasium connected therewith. But, you say, how can this be done? Where will the means come from? It can be done if the necessity for their existence is shown. It needs but an adequate appreciation of the aims and uses of this association to procure the needed funds.

"Let us consider for a moment what a well organized physical department might mean to a Young Women's Christian association. Were an ample room, suitable for a gymnasium, provided with the needed apparatus and presided over by a skilled instructor attached to each association, think of the good that might be accomplished in the way of physical regeneration. What a host of girls and young women it would attract. How pleasant and profitable might be the evenings of those who through the day had been occupied in household duties, at school, in the factory, the office and the store room. Each association should have a thorough physical examination by the physical director to determine the exact needs of the case; suitable work should be prescribed to bring up physical deficiencies, and correct the numerous faulty habits of posture of standing, walking and sitting.

"The applicant should be shown why a drooping head, hollow chest, uneven shoulders, crooked spine and protruding hips are harmful. What injuries may result from suspending the weight of the clothing from the waist with tight bands; how and why constriction of the waist is one of the most potent factors in the causation of the diseases of women; that these things not only affect her health and happiness now, but may profoundly influence her future well being. Should the applicant be suffering from any condition demanding medical attention, she should be turned over to the medical director, who, in Young Women's Christian associations, should always be a woman. What a world of good could be accomplished here. The advice and occasional attention of a skilled woman physician might be the means of arresting many diseased conditions in their incipency. I would have under this department a course of lectures upon hygiene in its various aspects, laying particular stress upon temperance, social purity, dress reform, heredity, diet, cookery and allied subjects. I would have a course of health talks for children and a series of practical lectures for mothers on the care of children. What we need, above all things, is a broader view of physical education. This is no clerical ideal, but a fact that can be prevented is a crime both against ourselves and the state. In many instances physical regeneration must precede moral regeneration. 'Life is not to live but to be well.' 'We cannot buy health, we must deserve it.' The woman of the future, if these suggestions are properly borne in mind, will be vigorous, healthy, beautiful and all sufficient to the demands of her lofty position."

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### WHAT HE WANTED.

In Any Anatomical Distribution of Paris He Wished the Gall.

A Napoleon of finance picked out a promising town in Iowa and decided to "build it up." He organized a number of stock companies, started a bank, deposited all the money of the companies in his own bank, and then went into bankruptcy. Some of the sufferers went to learn whether anything could be saved. They found him in a magnificent apartment.

"I regret very much, gentlemen," said he, "but I have nothing left. My wife owns this house, but I have nothing. Believe me, if I could do such a thing, I would give you my body and let it be divided up among you."

"What's that proposition?" asked a rather deaf old gentleman.

"He says," explained one of the sufferers, "that we can 'have his body and divide it up among us.'"

"Well, in that case," said the deaf old gentleman, "I speak for his gall."

### SWEETHEARTS IN YOUTH.

Romance of Mr. Justice White and Mrs. Linden Kent.

Associate Justice White, of the United States supreme court, and Mrs. Linden Kent, of St. Louis, were married in New York a few days ago.

The marriage is the culmination of an attachment formed years ago, when both the justice and his bride were quite young. At that time he was a newly-admitted barrister, and she was a society girl of high standing. For some reason the match was broken off and she wedded. After years of separation they again drifted together, and the affection, which had been smoldering, ripened for the second time into a flame of love, and their wedding is the natural consequence.

Justice White recently purchased a home in Washington and fitted it up in magnificent style, and will take up his residence there on his return.

Sulphur stone necklaces, Davidow Bros.

### WHEN JIMMY COMES FROM SCHOOL.

When Jimmy comes from school at four, J-e-r-u-s-a-l-e-m! how things begin to whirl and buzz and bang and spin And brighten up from the roof to floor! The dog that all day long has lain Upon the back porch wags his tail And leaps and barks and bays again The last snap in the dinner-pail, When Jimmy comes from school.

The cupboard latches click a tune, And mother from her knitting struts To test that hungry boy of hers That supper will be ready soon, And then a slab of pie he takes, A cookie and a quince or two, And for the hungry boy of hers, Where everything cries, "How'd you do?" When Jimmy comes from school.

The rooster on the garden fence Sings up and down and crows and crows As if he knows, or thinks he knows, Life, too, is of some consequence. The gullible, join the chorus, too. And just before the window sill The red bird, swinging out of view, On his high perch begins to trill, When Jimmy comes from school.

When Jimmy comes from school, take care! Our hearts begin to throb and quake With life and love and hope and ache Is gone before we are aware, The earth takes on a richer hue, A softer light falls on the flowers, And even the wind seems to smile, As before this world of ours, When Jimmy comes from school.

James Newton Matthews.

## In the Field of Applied Science

What the Savants Are Doing to Make Life Worth Living.

### IN LABORATORY AND WORKSHOP

How Mechanical Ingenuity Yokes itself with the Theories of the Pedants in the Effort to Achieve New Wonders of Invention.

Rushing through the air at the rate of 200 miles an hour on an airship propelled by rapid explosions of nitrate of cellulose, the proposition made by Dr. Edwin Pynchon, M. D., of Chicago. He is the author of a paper published in Transportation on "High explosives as a means of propulsion in aerial navigation." In the course of his discussion he says: "In aerial travel, the great desideratum is ease and rapidity of motion, and at an altitude of from 500 to 2,000 feet the best results should be attained. It is quite probable that a speed of 150 or 200 miles an hour can be easily had, and will, in fact, be necessary in order to insure a commercial success. I have estimated, with a ship of the size mentioned, that after a full speed of 200 miles an hour has been attained, it can be maintained by the explosion every five seconds of a pair of 60 per cent. nitro-gelatin cartridges, each weighing two ounces. There will thus be required about 100 pounds of the explosive for each 100 miles of the journey, and the cost, including a very liberal allowance for construction and insurance of the carrier, should not exceed 40 cents per pound. The expense would then be \$20 per minute, or \$72 per hour, being less than 40 cents per mile traveled. Three thousand pounds of fuel would thus more than provide for a transatlantic voyage, and the cost thereof should not exceed \$1,000, which would be inclusive for a vessel of its probable carrying capacity, which, in addition to fuel and supplies, should easily transport 25 adults, consisting of a crew of 10 and 15 passengers. Let man but partially succeed in the field of aerial navigation, and there is no doubt that the maximum of success will follow in much less time than has been required in the evolution of the ocean steamer."

In the neighborhood of 200 delegates, representing 17 states and territories, Canada and Mexico, were present at the third national irrigation congress, recently in session at Denver. Colorado and California have more than half the area under successful irrigation; California, 1,004,223 acres; Colorado, 890,733; Montana, 350,582; Utah, 263,743; in all 3,509,000 acres under irrigation, which cost over \$300,000,000. Value of products on these lands range from \$8.25 per acre in Wyoming to \$19 in California. First cost is about \$8.15 per acre; average annual expenditure, \$1.07; value of water rights thereafter, \$26 per acre; increase in value of irrigated lands from \$80,000,000 to \$200,000,000. Irrigation has come to stay.

The French admiralty recently constructed an aluminum torpedo boat, which, upon trial, gave great satisfaction. The material of which the hull of this boat is constructed is not pure aluminum, but is an alloy consisting of 94 per cent. of aluminum and 6 per cent. of copper. The adoption of this lighter material enabled important changes to be made in the general design as compared with the usual methods of construction; but the total weight of the hull is only about one-half of what a steel hull would be. The boat is 60 feet long, 9 feet 3 inches breadth of beam, and yet the total weight, with water in the boiler, is a little less than nine and a half tons. One of the chief results in using this lighter material is that a speed of twenty and one-half knots was made, against a maximum speed of British torpedo boats of the same class of seventeen knots. Among other advantages claimed are ease of taking out of the water into dry dock, additional buoyancy and freedom from vibration. The sailing in weight alone is of increased importance, as boats designed to be carried on the decks of battleships, such as designed for the American battle-ships Maine and Texas. Only one thing is against aluminum for boat making. It costs twice as much as steel.

Electricity is now applied to the inanimate typewriter. By its means one operator at a single machine can make 1,000 impressions of whatever he is writing. The electric typewriter is operated just like an ordinary machine. Chicago is the first place to use them. These electric typewriters, or rather the machines which are fed by a central machine, have been placed in the leading hotels, business-houses, sample rooms and in private residences as well, and a general news report is being sent out to the patrons from the main offices. The news which is sent out on the machines is furnished by local newspapers, placed on the machine as soon as received, so that a man may stroll into his favorite resort, whether club, hotel or cafe, and by glancing over the neat manuscript unfolded before him by the machine find out what has happened, what is happening and what is likely to happen during the day. At headquarters, where the news is sent out, a young woman sits at a keyboard exactly like that to be found in the electric typewriter. She is electrically connected with the "tickers," each of which has a metal wheel, bearing the letters of the alphabet, numerals, etc. When the young woman at the transmitter thumps the letter A, or any other letter, the wheel, which is linked, promptly prints that letter on the white roll. And so it continues, the line being printed as they are to be read, from left to right, in a newspaper. The shifting of the paper is done automatically, and one person, the one who plays on the keyboard at headquarters, operates all the "tickers" simultaneously. They may number 1,000 and some of them may be 20 miles or more away, but all record the events of the day at one and the same moment. The machine is about four feet high and occupies four square feet of floor space. The information sent out is in the shape of bulletins containing the pith of the news.

### THE WORLD OF LABOR.

America has 2,000 breweries.

Chicago has 27 millionaires.

Illinois leads in railroad mileage.

Astor will build an \$8,000,000 hotel.

Paper in 1891 was 25 cents a quire.

Dresses are sold by weight in Japan.

Austrian police must be telegraphers.

In the tenth century razors cost 30 cents.

Providence, R. I., demands 3-cent bread.

The "earth weighs 6,018,320,000,000 tons."

An Australian gold mine is 2,400 feet deep.

The sea otter is the most valuable of all furs.

\$1,100 having been paid for a single skin.

Fruit is supplanting wheat on California farms.

The oldest manufactured weapon is made from leather.

The most abundant free metal in the earth's crust is copper.

The engines of the world can do the work of 1,000,000 men.

Troy, N. Y., makes over \$4,000,000 worth of stoves every year.

American corset factories represent an investment of \$7,000,000.

The grandfather of the Rothschilds did not own a penny in 1800.

It requires twenty hours for a ship to pass through the Suez canal.

Over 50 per cent. of the business of the United States is done by checks.

Scientists predict that in a century there will be no disease curable.

A postal card recently received by a Cincinnati paper contained 232 words.

The gross value of British maritime interests amounts to slightly over \$10,000,000,000.

A camera especially adapted for the photography of meteors has been invented by a Boston artist.

There are only about 57,000 persons in country out of the whole number whose income annually exceeds \$4,000.

The total amount of beer drunk in the world during 1893 is estimated by a German statistician at 4,500,000 gallons.

In the fiscal year 1893 our exports of raw cotton were 4,615,531 bales, or 2,204,121,711 pounds, of the value of \$187,022,989, or \$4.85 cents a pound.

Experiments are being made with compressed hay for paving blocks. The hay, after being pressed, is soaked in a drying oil, which, it is claimed, renders it indestructible.

Paper indestructible by fire has been invented by M. J. M. of France. A specimen of it was subjected to a severe test--148 hours in a potter's furnace--and came out with its glaze almost perfect.

A Manchester (Eng.) man carries on his person a complete pocket alarm system. Removal of his watch, pin or other jewelry causes the ringing of the bell. The electric plant weighs twenty-two ounces.

The Prussian government spends over \$50,000 a year in support of the laboratories connected with the medical department of the University of Berlin. This is exclusive of the salaries paid to professors.

A lighthouse lens of the first order is six feet in diameter, and costs \$4,500 to \$5,000; second order, 4 feet 7 inches, and costs \$2,700 to \$3,500; and the third order, 3 feet 3 inches, and costs from \$1,475 to \$2,500.

It is said that a week's work in Birmingham, Eng., comprises, among its various results, the fabrication of 14,000 pens, 600 bedsteads, 7,500 quills, 200,000 cut nails, 100,000 buttons, 1,000 saddles, 5,000,000 copper or bronze coins, 20,000 pairs of spectacles--Philadelphia Record.

### WELSH NEWS NOTES.

Swansea was noted in the last century for its straw hats and its pottery.

Out of thirty-four members of parliament for Wales and Monmouthshire, only fourteen are able to speak Welsh.

Abel Thomas, M. P., holds several medals for bravery in saving lives from drowning.

The present dean of Bangor was at one time vicar of Dolgelley, and for some years the present bishop acted as his curate.

Nearly 4,000 members of the Cymru Fydd league have already been enrolled in South Wales, while even a greater number have been enrolled in North Wales.

Sir John Jones Jenkins is a native of Cilfach, near Swansea, and is married to the sister of E. R. Daniel, the well known owner of the Pentre Tin-plate works.

There are from 6,000 to 7,000 chapels in Wales which have been erected during the last century, and it is estimated that \$4,000,000 have already been paid for the buildings.

Six Welsh members will not seek reelection at the end of the present parliament. They are T. P. Price, Fulcrum-Matland, W. Williams, William Rathbone, T. P. Lewis, and George T. Kenyon, while one, if not two others, may at the last moment decide not to contest their seats.

Sir John Puleston is a constable of Carnarvon castle. His ancestor, Roger Puleston, was collector of taxes in the reign of Edward II, and was hanged by the infuriated Welsh on the battlements of the castle of which his descendant is now the custodian. Sir John commenced life as a chemist's assistant and was at one time editor of the *Pittwater Gazette* and is well known to many Scrantonians.

Welsh literature is the work of amateurs. Ceiriog was a stationmaster; Hiraethog was an independent miller; Dewi Wyn was a miller; Myrddin was a farmer; Watcyn Wyn commenced life as a collier; and his cousin, Gwydder, is a collier still; and one of the chieftains was an agricultural laborer.

Sir John Llewellyn derives his Welsh name from his mother, who was the daughter of Mr. Llewellyn, of Penllergare. Sir John's father was Mr. Dillwyn, brother to L. L. Dillwyn, late M. P. for Swansea, who changed his name on marrying the heiress of Penllergare. The Dillwyns were an old Quaker family.

Arthur J. Williams, M. P., is the son of the late Dr. Williams, of Bridgend, and is also descended from the celebrated Dr. Price, the Unitarian divine of the last century, who anticipated many of the theories of Adam Smith made in political economy. He is married to one of the Crawshays, of Cyfarthfa.

The bishops of St. David's seem to take little to ecclesiastical genius. Iolo Morganwg, though he never went to bed, but slept in an armchair in the kitchen, was always a welcome guest at Aberystwyth. Carlyle's dyspepsia was no proof against the genuine kindness and courtesy of Dr. Thirlwall; and the present bishop reckoned among his closest friends Dr. F. Freeman, the historian of the Norman Conquest.

Lord Mostyn is the descendant of the Mostyns who were privileged by Queen Elizabeth to hold an eldorado at the end of the sixteenth century. The older branch remained Catholic, but the younger branch, of which the present peer is the representative, turned Protestant under the later Tudors. One of the Catholic Mostyns, who is a priest, sang at the Carnarvon eldorado, in the Erikenhead choir.

Henry M. Stanley, the explorer and rescuer of Livingstone, is a Welshman, can read Welsh and converse in the mother tongue. He was born in one of the almshouses in the quaint and small city of St. Asaph, and commenced his adventurous career from one of the quietest spots in Wales. Owen.

For the coming Thanksgiving carve your turkey with Davidow Bros. carving sets.

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GEORGE H. CATLIN, Vice-President.

WILLIAM H. PECK, Cashier.

DIRECTORS: William Connell, George H. Catlin, Alfred Ham, James Archibald, Henry Bell, Jr., William T. Smith, Luther Keller.

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